

***In the Abstract:***

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**ABSTRACT**

The invention relates to structural support beams for use in building and construction, which possess structural characteristics suitable for use as load-bearing flexural members. The support beam comprises a timber support frame formed from two spaced apart flanges connected by at least two outer support webs. Optionally one or more further inner support webs connect the flanges in an intermediate position between the outer support webs. Together, the flanges and support webs define at least one volume which is filled with a plastics foam material to provide both improved structural and sound/thermal insulation properties. The use of regular rectangular flanges, which are fully interposed between outer support webs, provides a stronger and stiffer support beam both in bending and in shear. In fact, the absence of grooves, recesses or cutout portions in the flanges provides further advantages such as greater dimensional stability, ease of construction and cheaper and simpler manufacturing. The support beams may be in the form of I-beams, double I-beams, box-beams, boxed I-beams or boxed double I-beams.